

Organised by the Leisure and Cultural Services Department
School Sports Programme (Special School)
Rhythmic Fitness Movement – Prospectus

Type of Activity Key Information	Sport Demonstration	Easy Sport Programme	Outreach Coaching Programme
Target Participants	Students with Intellectual Disability/Physical Disability/Visual Impairment Physical requirements: Basic upper limb mobility, ability to hold light objects with one hand or both hands and with normal hearing.		
Outline	<ul style="list-style-type: none">• Introduction to fitness movements• Demonstration and play-in session	<ul style="list-style-type: none">• Following the rhythm of music, participants will perform fitness movements rhythmically in a continuous effort to train the flexibility of major joints and muscular endurance• Enhancing quality of life and functional abilities• Cardiorespiratory functions will also be improved	
Venue Requirements	Indoor venue (available of using rainbow umbrella)		
Fee	Free		
Equipment to be provided by NSAs	Rainbow umbrella		
Equipment to be provided by School	Gymnastic balls, beanbags, etc. (if any) Chairs and headset microphones as well as assign staff to maintain order		
Clothing of Participants	Sportswear and sports shoes		
Duration	2 hours per session	At least 2 to 4 sessions; At least 2 hours per session	At least 5 to 8 sessions; At least 2 hours per session
Estimated No. of Participants per Session	10		
Proposed Date/ Time of Activity	Monday to Friday: 9 am to 6 pm, Saturday: 9 am to 1 pm		
Enrolment Form	Sport Demonstration – General Sport Enrolment Form	Easy Sport Programme – General Sport Enrolment Form	Outreach Coaching Programme – General Sport Enrolment Form
How to Enrol	Please submit the completed e-form before the deadline (please refer to “Application” (P.3-4) of this Guide for the dates) by email at: applicationssp@lcsd.gov.hk .		
Points to Note	<ol style="list-style-type: none">1. A person-in-charge aged 18 or above or a teacher should be designated to oversee the activities.2. Participants should wear proper sportswear and sports shoes.3. If a school requests for cancellation of an activity for which a venue and a coach have been arranged by the LCSD, no re-scheduling of an activity will be arranged.4. The actual teaching content will be properly adjusted in accordance with participants’ capabilities.		
Enquiry No./ Website	2601 7602 / www.lcsd.gov.hk/en/ssp/special_school_info/special_school.html		